



GET HELP DEPRSSION TREATMENT

THERAPY

You may likely need to pursue therapy if the severity of your depression surpass the underlying medical condition. While it might difficlut to find the threatment or therapy that is appropriate for you, you should need to take a few attempts in order to find the best support that you really prefer to choose.

SELF-HELP

Although medication and therapy can relieve your depression in some extent, you cannot rely on them alone for a long period. You should also change your lifestyles by regular exercise, healthy eating habits and enough sleeping time. Besides, the strong social networks with family and friends can help yourself to reduce the feeling of isolation.



EVEN THE RAIN WILL STOP AND THE SUN WILL RISE



CAUSES of TEENAGE DEPRESSION

1

Inherited Traits

Teen depression may be caused by genetic factors. That means some teenagers are genetically predisposed to depression. When the people who have blood relatives with them like a parent or grandparent, they have the certain possibility of depression.

2

Traumatic events

The early trauma during childhood including physical and emotional causes for teenagers may trigger depression. These abuses may be linked to some helpless feeling and negative thinking in the brain, leading them to depression.

3

Hormones changes

Teenagers may be more susceptible to depression because hormones in their bodies change its balance. They are in the period of physical growth, so the abnormal hormones change may be involved in the risk factor to cause depression.

6 EFFECTIVE WAY of PREVENTING TEENAGE DEPRESSION

- Do More Exercise
- Communicate with Others
- Get Enough Sleep Time
- Have Healthy Diet
- Develop some interests
- Promote positive thoughts



COMMON SYMPTOMS MAY INDICATE DEPRESSION

Emotional Symptoms

- Feel sad, tearful, misunderstood for a long period
- Lack of interests in some activities that they usually like
- Have sudden angry outbursts with irritability
- Always have some negative thoughts about suicide

Physical Symptoms

- Unusual change in sleeping pattern or eating habits
- Feel difficult to concentrate on some tasks
- Not willing to communicate with family and friends
- Have vague or unexplained aches and pains

